

Swimming



Swimming is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water. Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley. In addition to these individual events, four swimmers can take part in either a freestyle or medley relay. A medley relay consists of four swimmers who will each swim a different stroke, ordered as backstroke, breaststroke, butterfly and freestyle.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

Key Stage 1/2

Since 1994, swimming and water safety has been a statutory element of the national curriculum for physical education in England. This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.

Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.

